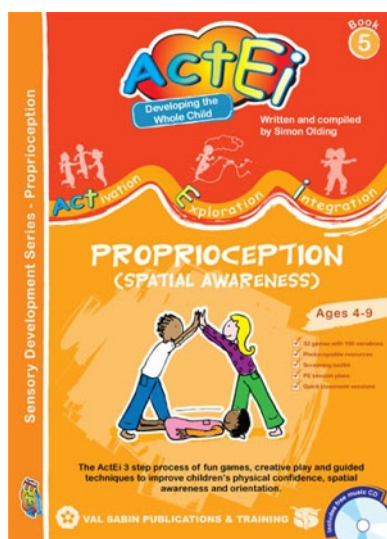




Free Resources from  
[www.achievementinmind.com](http://www.achievementinmind.com)



## Improving Children's... Proprioception



Proprioception is our 'position sense'; the sense of our body's position in space, whether muscles are stretching or contracting, and how joints are bending, straightening, pulling or being compressed. Proprioception has an organising effect on other sensory input, especially tactile and vestibular sensation, and can calm down hypersensitivity or other sensations.

Using combinations of explosive movements, static postures and space awareness techniques, the ActEi games in the proprioception book aim to improve spatial awareness, awareness of others space, sense of how their body moves, coordination, balance, physical confidence, muscle tone, joint stability and more...

**Innovative, fun and holistic - a fresh approach to movement education**



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.

**Purpose:** To activate the vestibular system and increase muscle tension for improved sensory feedback

**Resources:** None

## HOW TO ExplorE

- Moving around the room.
- Run, jump, walk and skip around. On the call 'change direction' everyone has to travel in a different direction.
- On the call 'freeze', stay absolutely still for about 5 - 10 seconds. On the call 'move' off you all go again.



Use a theme to create 'frozen' shapes - animals, people's jobs, shapes etc.

The person calls out freeze in a slow voice 'ffffrrrrreeeezzzzeee Now' so everyone gets a chance to create a shape.

Travelling can be by instruction as well so on the call 'hop' everyone hops, 'jump', they jump, 'dance', 'roll', 'slither' etc.



## SIMON'S TIPS

See if you can hold your frozen shape for longer and longer. Become aware of all of your body and feel it as a complete and solid object.